【3.31】

**3.31每日一篇 | 外刊精读**

Well **informed**：Do better shoes help you run faster?  
   
Yes but the **benefits** won't last  
   
【1】MODERN COMPETITIVE running entered a new era in 2016, when Nike began **distributing** a **prototype** **trainer** to **elite** runners. The new shoes were designed to look like Nike's top **publicly** available model, the Zoom Streak 6, but the **soles** **featured** a revolutionary new design. Athletes wearing the **prototype** shoes took home all three **medals** at the men's Olympic **marathon** in Rio de Janeiro that year. Regular runners were able to get their hands on them in 2017 when the company **unveiled** the Zoom Vaporfly 4% (the figure **refers** to efficiency gains **measured** in lab tests), the first true super shoe.  
   
【2】"Most super shoes follow the same pattern," explains Jens Jakob Andersen, founder of RunRepeat.com, a website that road-tests trainers and dissects them to **reveal** their **secrets**. They **typically** have curved **soles** made of a **stiff** carbon **plate** sandwiched between **layers** of **specially** **engineered** **springy** **foam**. The result is often very **thick**—up to 40mm tall at the heel, the **maximum** allowed for competitive **racing** (regular trainers are usually around 25-35mm tall).Panda Foreign Magazine Intensive Reading:Respect for Originality, Piracy Must Be Punished  
   
【3】These features make running easier. Lab tests have shown that **recreational** runners use less oxygen and report feeling less tired while jogging in **premium** trainers compared with regular ones. Platformed **soles** encourage a slightly longer **stride**, which means fewer steps per kilometre. And a squishy base, which absorbs impact before **bouncing** back up, **eases** the **strain** on leg **muscles**. By reducing the energy needed to **maintain** normal pace, super shoes allow runners to put more effort into going faster.  
   
【4】The results are clear. Our analysis shows that, of the 50 **fastest** men's **marathon** times, only nine **predate** 2017; the figure for women is just three. In the eight years since the launch of the Nike Vaporfly, more than three times as many men's marathons were completed in under two hours and five minutes than in the eight **preceding** years. Before super shoes, only 26 women's races had been run in less than 2:20. In 2024 alone there were 35. High-tech trainers have been **estimated** to **shave** between one and four minutes off **elite** **marathon** times.  
   
【5】Regular runners benefit too. In 2019 the New York Times **analysed** real-world **marathon** times to measure the speed gains **attributable** to Nike's Vaporfly or Next%—the leading shoes at the time. Using data from Strava, a **fitness** app where users post details of their workouts, they found that runners wearing super shoes completed races 4-5% faster than those in average trainers, even after **controlling** for ability and training. Their analysis also showed that wearing the **premium** shoes gave runners a 73% chance of setting a personal best.  
   
【6】This extra speed doesn't come cheap. Adidas's top model, the Pro Evo 1—**worn** by Ethiopia's Tigst Assefa during her record-**breaking** Berlin **marathon** in 2023—cost $500 and are **marketed** as a single-race shoe. As the miles add up, most super shoes quickly lose **grip** and the **foam** in the sole deteriorates, **dampening** their **signature** **springiness**.Panda Foreign Magazine Intensive Reading:Respect for Originality, Piracy Must Be Punished  
   
【7】So, with a big race **approaching**, and money to spend on new **kicks**, runners may wonder about the best **sneaker** **strategy**. In Mr Andersen's opinion, super shoes should be broken in a little: he suggests around 20-50km of pre-race use to reduce the risk of **blisters** and improve race-day performance (some foams get bouncier after a small amount of wear). Buying a new pair of shoes for every race makes for an expensive habit, but it could be worth it for those **desperately** **chasing** a personal best.  
   
   
   
**①短语**：1.原文：The new shoes were designed to look like Nike's top publicly available model, the Zoom Streak 6, but the soles featured a revolutionary new design.

## 词典：look like 看起来像

例句：They **look like**stars to the naked eye.

用肉眼看上去它们像星星。

2.原文：Regular runners were able to get their hands on them in 2017 when the company unveiled the Zoom Vaporfly 4% (the figure refers to efficiency gains measured in lab tests), the first true super shoe.

词典：**get their hands on 得到，获得**

例句：Plenty of whirlybird pilots will be keen to **get their hands on**the real thing.

很多直升机飞行员都将渴望双手能够摸到真家伙。

3.原文：Lab tests have shown that recreational runners use less oxygen and report feeling less tired while jogging in premium trainers compared with regular ones.

词典：**compared with 与……相比**

例句：His fee is a drop in the ocean **compared with**the real cost of broadcasting.

他的费用与广播的实际成本相比是沧海一粟。

4.原文：And a squishy base, which absorbs impact before bouncing back up, eases the strain on leg muscles.

词典：**back up 堵塞，支持，回弹**

例句：In this article, you need to **back up**general statements with specific examples.

在这篇文章中，你需要用具体的例子来支撑笼统的语句。

5.原文： In the eight years since the launch of the Nike Vaporfly, more than three times as many men's marathons were completed in under two hours and five minutes than in the eight preceding years.

词典：**more than 超过**

例句：They pay slightly **more than**the going rate.

他们支付的酬金略高于现行标准。

6.原文： Using data from Strava, a fitness app where users post details of their workouts, they found that runners wearing super shoes completed races 4-5% faster than those in average trainers, even after controlling for ability and training.

词典：**in average 平均**

例句：Twenge and her colleagues wanted to understand why this change **in average**wellbeing occurred.

特温格和她的同事们想要了解为什么平均幸福感会发生这样的变化。

7.原文：As the miles add up, most super shoes quickly lose grip and the foam in the sole deteriorates, dampening their signature springiness.

词典：**add up 总计，合计**

例句：**Add up**all the income you've received over the period in question.

把相关时期内你获得的所有收入加起来。

**②长难句**

1. 原文： **Lab tests have shown that recreational runners use less oxygen** and **report feeling less tired** while jogging in premium trainers compared with regular ones.
2. 分析：主句的结构为主（**Lab tests**）谓（**have shown**）宾语从句（**that recreational runners use less oxygen** and **report feeling less tired** while jogging in premium trainers compared with regular ones），**that**引导宾语从句，宾语从句的结构是主（**recreational runners**）谓（**use，report feeling**）宾（**less oxygen，less tired**）。

3.译文：**实验室测试表明，与穿着普通跑鞋相比，穿着高端跑鞋的休闲跑者在慢跑时消耗的氧气更少，感觉也没那么累。**

1. 原文：Using data from Strava, **a fitness app where users post details** of their workouts, **they found that runners** wearing super shoes **completed races** 4-5% faster than those in average trainers, even after controlling for ability and training.
2. 分析：主句的结构为主（**they**）谓（ **found**）宾语从句（**that runners** wearing super shoes **completed races 4-5%** faster than those in average trainers），**that**引导宾语从句，从句的结构是主（**runners**）谓（**completed**）宾（**races**）。**where**引导定语从句，先行词是**a fitness app/**Strava从句的结构是主（**users**）谓（**post**）宾（**details**）。

3.译文：**研究利用了 Strava 健身应用的数据，该应用会记录用户的运动情况。他们发现，即使在控制了跑者的能力和训练水平后，穿着超级跑鞋的跑者完成比赛的速度仍比普通跑鞋的跑者快4-5%。**

**③写作技巧：1**. Lab tests have shown that recreational runners use less oxygen and report feeling less tired while jogging in premium trainers **compared with** regular ones.

**译文：实验室测试表明，与穿着普通跑鞋相比，穿着高端跑鞋的休闲跑者在慢跑时消耗的氧气更少，感觉也没那么累。**

**技巧：compared with 与……相比，**此处运用了对比的修辞手法，将高端跑鞋在慢跑时的耗氧量与普通跑鞋的进行对比，表明高端跑鞋让人跑步更轻松。

**④背景知识：**

1. Olympic in Rio de Janeiro：里约热内卢奥运会。2016年里约热内卢奥运会，即第31届夏季奥林匹克运动会（Games of the XXXI Olympiad），于2016年8月5日至21日在巴西里约热内卢举行，主会场是马拉卡纳体育场。里约热内卢成为第一个举办夏季奥运会的南美城市。该赛事也是第一届由葡萄牙语国家举办和第一届完全在主办国冬季期间举办的夏季奥运会。

**⑤段落大意：**

【1】超级跑鞋的发布使得现代竞技跑步进入了一个新时代。

【2】RunRepeat.com创始人延斯·雅各布·安德森揭秘跑鞋结构特性。

【3】这些特性让跑步变得更轻松。

【4】高科技跑鞋能帮助精英跑者将马拉松成绩缩短1到4分钟。

【5】普通跑者也能从超级跑鞋中受益。

【6】超级跑鞋的价格昂贵。

【7】使用跑鞋的最佳策略。